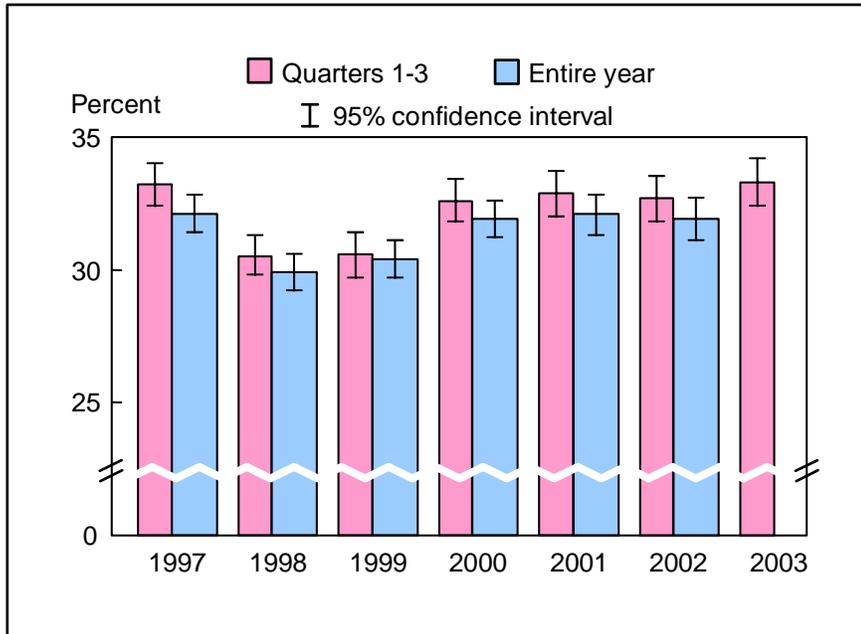


**Figure 7.1. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997-2003**

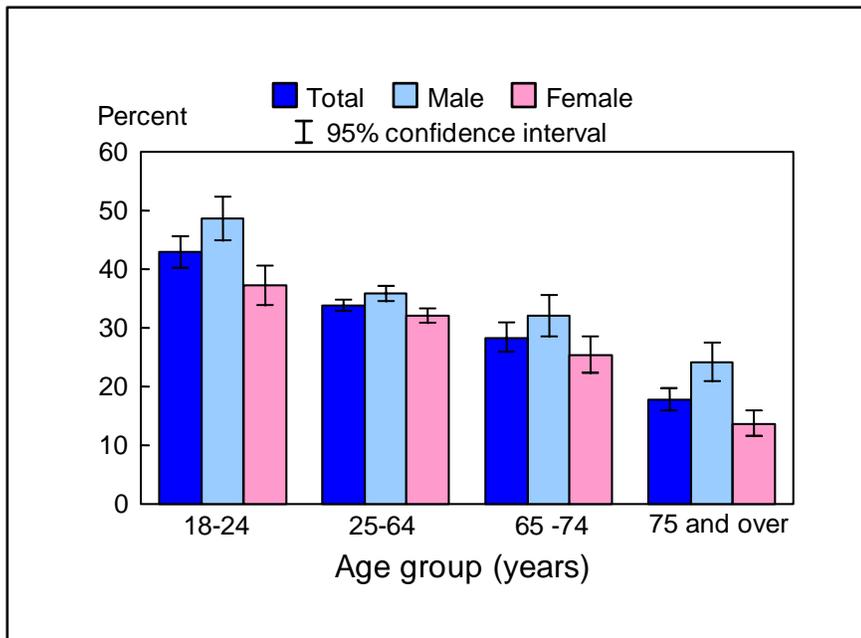


NOTES: This measure reflects the definition used for the physical activity leading health indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week, or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). CI is confidence interval. Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000-02 were recalculated using weights derived from the 2000 census. See "About This Release" and appendix tables in this release for more details.

DATA SOURCE: Sample Adult Core component of the 1997-2003 National Health Interview Surveys. The estimate for 2003 was based on data collected from January through September.

- From January through September 2003, 33.3% (95% CI = 32.4%-34.2%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity. The estimate for January-September was 33.2% in 1997, 30.5% in 1998, 30.6% in 1999, 32.6% in 2000, 32.9% in 2001, and 32.7 in 2002.
- The annual percents of adults aged 18 years and over who engaged in regular leisure-time physical activity increased from 29.9% in 1998 to 31.9% in 2000, but remained stable thereafter.

**Figure 7.2. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January-September 2003**

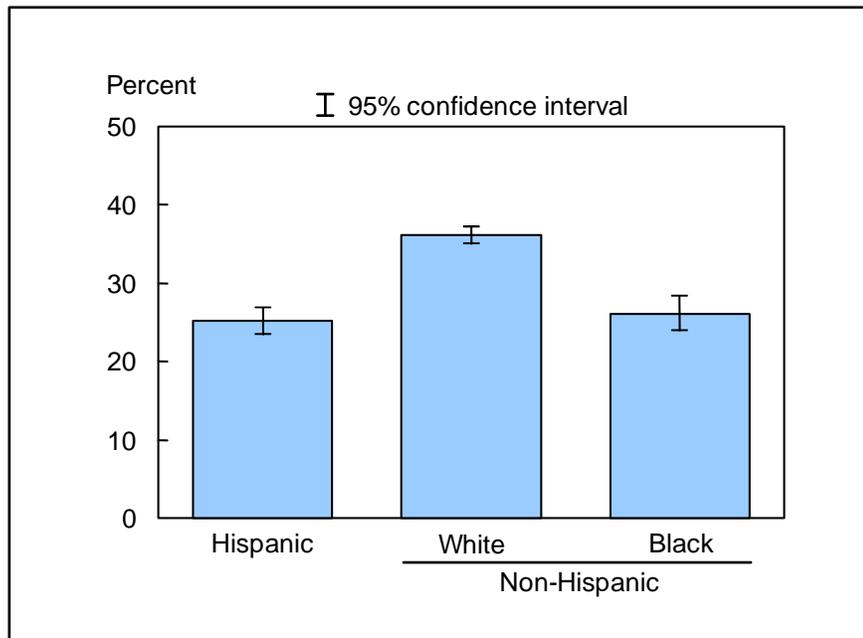


NOTES: This measure reflects the definition used for the physical activity leading health indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week, or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. The analyses excluded 697 persons (3.0%) with unknown physical activity participation.

DATA SOURCE: Based on data collected from January-September in the Sample Adult Core component of the 2003 National Health Interview Survey.

- For both sexes combined, the percent of adults who engaged in regular leisure-time physical activity decreased with age.
- For all age groups, women were less likely than men to engage in regular leisure-time physical activity.

**Figure 7.3. Age-sex-adjusted percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January-September 2003**



NOTES: This measure reflects the definition used for the physical activity leading health indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week, or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. The analyses excluded 697 persons (3.0%) with unknown physical activity participation. Estimates are age-sex-adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-44 years, 45-64 years, 65-74 years, and 75 years and over.

DATA SOURCE: Based on data collected from January through September in the Sample Adult Core component of the 2003 National Health Interview Survey.

- The age-sex-adjusted percent of adults who engaged in regular leisure-time physical activity was 25.2% for Hispanic adults, 36.2% for non-Hispanic white adults, and 26.1% for non-Hispanic black adults.
- Non-Hispanic white adults were more likely to engage in regular leisure-time physical activity than Hispanic adults and non-Hispanic black adults.

## Data tables for figures 7.1-7.3:

**Data table for figure 7.1. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2003**

Year	Percent (95% Confidence Interval)	
	Crude <sup>1</sup>	Age-adjusted <sup>2</sup>
<b>1997 Yearly</b>	32.1 (31.4-32.8)	31.9 (31.2-32.5)
<b>Jan.-Sept.</b>	33.2 (32.4-34.0)	-
<b>1998 Yearly</b>	29.9 (29.2-30.6)	29.7 (29.0-30.4)
<b>Jan.-Sept.</b>	30.5 (29.8-31.3)	-
<b>1999 Yearly</b>	30.4 (29.7-31.1)	30.2 (29.5-30.9)
<b>Jan.-Sept.</b>	30.6 (29.7-31.4)	-
<b>2000 Yearly</b>	31.9 (31.2-32.6)	31.8 (31.1-32.5)
<b>Jan.-Sept.</b>	32.6 (31.8-33.4)	-
<b>2001 Yearly</b>	32.1 (31.3-32.8)	32.0 (31.2-32.7)
<b>Jan.-Sept.</b>	32.9 (32.0-33.7)	-
<b>2002 Yearly</b>	31.9 (31.1-32.7)	31.8 (31.1-32.6)
<b>Jan.-Sept.</b>	32.7 (31.8-33.5)	-
<b>2003 Jan.-Sept.</b>	33.3 (32.4-34.2)	-

<sup>1</sup>Crude estimates are presented in the graph.

<sup>2</sup>Estimates for this Healthy People 2010 leading health indicator are age-adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.

**Data table for figure 7.2. Percent of adults aged 18 and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January-September 2003**

Age and sex	Percent	95% confidence interval
<b>18-24 years</b>		
Total	42.9	40.2-45.6
Men	48.6	44.9-52.3
Women	37.2	33.8-40.6
<b>25-64 years</b>		
Total	33.8	32.9-34.8
Men	35.8	34.4-37.1
Women	32.0	30.8-33.2
<b>65-74 years</b>		
Total	28.3	25.9-30.8
Men	32.1	28.5-35.6
Women	25.3	22.2-28.4
<b>75 years and over</b>		
Total	17.8	15.9-19.7
Men	24.1	20.8-27.4
Women	13.7	11.6-15.8
<b>Age-adjusted<sup>1</sup></b>		
Total	33.3	32.4-34.2
Men	36.2	35.1-37.4
Women	30.6	29.6-31.7

<sup>1</sup>Estimates for this Healthy People 2010 leading health indicator are age-adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.

**Data table for figure 7.3. Age-sex-adjusted percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January-September 2003**

Race/ethnicity	Percent (95% confidence interval)	
	Age-sex-adjusted <sup>1</sup>	Age-adjusted <sup>2</sup>
Hispanic or Latino	25.2 (23.5-26.9)	25.3 (23.6-27.0)
Not Hispanic or Latino		
White, single race	36.2 (35.2-37.3)	36.2 (35.2-37.3)
Black, single race	26.1 (23.9-28.4)	25.8 (23.6-28.1)

<sup>1</sup>Age-sex-adjusted estimates are presented in the graph. Estimates are age-sex-adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-44 years, 45-64 years, 65-74 years, and 75 years and over.

<sup>2</sup>Estimates for the Healthy People 2010 leading health indicator are age-adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.